

# TEAM 19!

*Supporting from the Sea to the DMZ*

*The Official Monthly Magazine for the 19th Theater Support Command* Volume II, Issue 11, September 2004



# FAREWELL



## TEAM 19!

### 19th TSC

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# CG bids farewell to command, Korea

Team 19!

I find it hard to believe that two years have gone by since I took command of the 19<sup>th</sup> Theater Support Command, but the time has come to turn the colors over to the next lucky commander.



**Maj. Gen. Jeanette K. Edmunds**

I consider it an honor and a privilege to have served as commanding general here, the very place where I had my first command.

There simply isn't enough space in this magazine to try and thank everyone who has contributed to the success of Team 19 while I have had the honor of leading it. I hope that I have remembered to thank you regularly for everything you have done and will continue to do for the great soldiers who pass through our footprint.

However, I would be remiss if I did not take this opportunity to thank many of the people and organizations who allowed me

to create a command climate focused on professionalism, teamwork and community.

First, I would like to mention the tremendous support I have received from our higher headquarters, both at Eighth U.S. Army and U.S. Forces Korea, as well as Eighth Army's separate brigades of medical, signal, intelligence and military police. We couldn't have been as successful as we are in taking care of Soldiers without the support of the Korea Region Office (KORO) of the Installation Management Agency and agencies such as the U.S. Army Materiel Command, Defense Logistics Agency, Army and Air Force Exchange Service, Defense Commissary Agency, Department of Defense Education Activity, Red Cross and the United Service Organization.

But what will stand out most about my time in Korea is the friendship and outstanding collaboration I enjoyed with the people of the Republic of Korea. From training events and exercises conducted with the ROK Army to social functions with local organizations

and universities, the warmth, generosity and hospitality of the Korean people will always remain with me.

This brings me to the Soldiers, civilian employees and family members of Team 19. To you, I attribute the great successes the 19<sup>th</sup> TSC has accomplished over the last two years. I take credit only for setting the course – it is you who have accomplished everything.

What I would hope you remember is that I deeply appreciate all of the friendship, teamwork and hospitality. Just as importantly, I hope you know that it is to the Soldiers that the laurels go.

I will miss you all; I will miss the Daegu Community, and just as importantly, I will miss my Soldiers.

To Brig. Gen. Tim McHale and Janice, I wish you all the best as you take on the joy and challenge of supporting from the "Sea to the DMZ." These are exciting times indeed, and the 19<sup>th</sup> TSC could not have asked for a better command team for the job.

Thank you for a great ride! Team 19 out!

## *CG always led from front, set example for all*

Greetings Team 19,

This month, we bid farewell to Maj. Gen. Jeanette K. Edmunds, commanding general of the 19<sup>th</sup> Theater Support Command. I have had the pleasure of working with her over the last year, and can honestly say, as



**Command Sgt. Maj. Larry C. Taylor**

reflected in the article in this issue about her time as commander, that Maj. Gen. Edmunds is indeed an extraordinary individual.

As a senior noncommissioned officer, I take seriously the responsibilities of maintaining standards and taking care of Soldiers. Many feel these attributes are the exclusive domain of the NCO Corps, but during her time here, Maj. Gen. Edmunds proved otherwise; whether you are an officer, NCO, Soldier or civilian, she showed us by example that we can all make a positive impact on the mission and those around us.

Those of us at the 19<sup>th</sup> TSC headquarters have seen daily what Maj. Gen. Edmunds was all about. She showed up at the company physical training formation every morning,

attended mandatory training and participated in classes, showing officers and NCOs that leaders must not ask anything of their Soldiers that they are not willing to do themselves.

Her influence on the 19<sup>th</sup> TSC, however, went much further than the headquarters building. I couldn't go anywhere in the peninsula without people stopping me, wanting to talk about the impact as a mentor she had on them.

A perfect example is when there was a Soldier who e-mailed Maj. Gen. Edmunds and asked her to promote her to sergeant first class. Maj. Gen. Edmunds didn't even know the Soldier, but she took the time to work around her hectic schedule to promote her.

When a leader puts Soldiers first, great things can be accomplished, and many great things have been accomplished during Maj. Gen. Edmund's tenure here.

Not satisfied with simply making surface changes to quality of life issues, she made sure the changes were institutionalized. Maj. Gen. Edmunds wanted to ensure that future Team 19 members would enjoy the same quality of life as our team members do today.

When it came to the mission, no one

demanding more of the 19<sup>th</sup> TSC than she did. However, she asked no more of anyone than she demanded of herself, and in the end, many realized that they could accomplish greater things than they ever thought possible.

Her ability to mix a no-nonsense approach to maintaining the standard with deep sense of caring and a great sense of humor will be missed, not only by Team 19, but also by the Korean community.

Maj. Gen. Edmunds once told me this: "I have never met a person I considered competent who didn't follow through, and I know it has to be the same for you. As leaders we expect our people to follow through when we give them a task. They expect that and a whole lot more from us as leaders."

Her character was more than talk. Anyone can say they have integrity. But her actions were the real indicator of her character.

To Brig. Gen. McHale and your wife, Janice, I welcome you to Team 19. We are all looking forward to your support and contribution to Team 19.

To Maj. Gen. Edmunds, best of luck in your new career at the Pentagon from all of us at Team 19!





An exhibit at the Andong Folk Museum displays a scene from a Korean traditional wedding. The wedding is run by the parents of the groom and the bride. First, the parents check the “marital harmony”, as predicted by a fortune teller, and then they decide whether the wedding will take place or not. The groom and the bride do not know who they are marrying until the day of the wedding.

## Andong: home of Korea’s spiritual culture

**Story and Photos by  
Cpl. Hwang, Kyoo-won**

U.S. Army Soldiers from units throughout the Daegu enclave took advantage of an opportunity to experience Korean culture, when a Republic of Korea Army unit hosted a historical tour July 29.

The 202<sup>nd</sup> Security Defense Unit, which is in charge of all military security in Daegu, hosted a tour to Andong for the U.S. Soldiers.

The 19<sup>th</sup> Theater Support Command and the 202<sup>nd</sup> SDU have worked together closely and helped each other with security issues

throughout many years, said Cpt. Choi, Soo Yeol, 19<sup>th</sup> TSC liaison officer.

Through events like this, U.S. Soldiers get a chance to learn more about the Korean culture, which is very different from theirs, said Choi.

“We have been hosting tours once every year for more than 10 years. We want to give the U.S. Soldiers a chance to look around Korea,” said Col. Bae, Young Yong, commander of 202<sup>nd</sup> SDU. “They don’t get to travel much around Korean historical sites, because of the language and cultural barrier. Also, if they learn more about Korea and get a closer look at the Korean culture, it may help strengthen the U.S.-ROK friendship.”

Andong, also known as the city of Korean spiritual culture, gave U.S. Soldiers the opportunity to experience something totally new.

They first visited the Andong Folk Museum, which encompasses the entire Andong folk culture.

The exhibitions showed a variety of items relating to four main ceremonies: birth, wedding, funeral and memorial services in the Confucian religion, according to a tour guide at the Andong Folk Museum.

“It was a very informative, instructive and good display in the museum, which I thought was very interesting,” said Col. Richard Garrison, command chaplain of the 19<sup>th</sup> TSC.



“The funeral ceremony caught me the most, because they are quite different to the U.S.”

The U.S. Soldiers also stopped by at the Hahoe Folk village to see the Hahoe masks, which are national treasure to Korea.

“The Hahoe mask is what amazes foreign tourists the most,” he said. “It’s not like the normal good-looking masks that we think of usually,” said David Buwalda, an American working for the Andong city.

The mask is used for byelshingut (a type of Korean exorcism), and there are 11 masks of 10 different types.

People would wear the masks and perform a dance to entertain the gods and to pray for the village’s welfare and bountiful harvests, Buwalda said.

Soldiers also saw displays showcasing how Korean people lived in the past.

“We could learn what the important morals, values and structures of the society were in the dynasties at that time,” Garrison said.

For their final tour, they visited the Hanji paper factory. Hanji is a Korean traditional paper made from mulberry trees. There was a small museum, where they had all kinds of artwork display made of Hanji. Soldiers were surprised by the exquisite artwork and how the Koreans could make jewelry boxes, pencil cases and even clothes from Hanji.

During the tour, Soldiers had the opportunity to physically experience the Korean culture. Maj. Gen. Jeanette K. Edmunds, commanding general, 19<sup>th</sup> TSC, and some Soldiers made Hanji with their own hands.

The Soldiers were then given a pair of



**Maj. Gen. Jeanette K. Edmunds, 19th TSC Commanding General, looks at the Samsindang, a village's sacred space where the villagers pray for wellbeing every January 15.**

Hahoe masks as souvenirs to remember Andong.

“The visit to Andong helped me a lot,” said Garrison. “It’s a good reminder to U.S. Soldiers, who are from a relatively young country, to recognize how long the Korean traditional culture has been around.” As the host of the event, Bae said he hoped this visit to Andong helped the U.S. Soldiers understand more about the Korean culture.

“I believe it was a good chance for the Soldiers to learn the Korean culture fairly easily by visiting the museum and the village,” said Bae. “I’m looking forward to making next year’s trip more interesting.”



**An entrance of a house in the Andong Folk Village.**



**Soldiers look at the display of a Korean traditional wedding ceremony.**



# Mobile CP keeps 19th TSC moving from 'the sea to the DMZ'

By Spc. Lynn Weiland  
111<sup>th</sup> Press Camp Headquarters

Efficient communication and command and control are key factors for success in times of war. These three Cs were the focus for Soldiers of the 19<sup>th</sup> Theater Support Command (TSC) as they established their Mobile Command Post (MCP) in South Korea during the training exercise, Ulchi Focus Lens Aug. 23 through Sept. 3.

Brig. Gen. Charles J. Barr, the deputy commanding general for the 19<sup>th</sup> TSC explained that the MCP isn't a traditional post, but is a transportable hub that allows the Commanding General the mobility to be on the ground with the troops and to be in direct communication with the headquarters at all times.

"The key focus of a mobile command post is that it is a tool that we use for command and control. We capture technology and use it to collaborate and to communicate with one another to provide information to the commander so she can make timely decisions that affects soldier's lives on the battle field," Barr said.

Technology devices used for collaboration within the MCP include video teleconference capabilities, laptop computers, secure telephone through direct lines and Voice over Internet Protocol (VoIP) system and secure e-mail.

"The mobile command post is designed to provide ruggedized Local Area (LAN) and Wide Area (WAN) connectivity, this connectivity allows for the consolidation and distribution of digital information throughout the CP allowing the commander and battlestaff to utilize information to plan, track, and direct tactical operations," said Maj. John Bray, force integration officer for the 19<sup>th</sup> TSC and battle captain during UFL.

"By using this portable and modular equipment we are able to go to where the mission is and provide focused attention on a specific



Sgt. 1st Class John Hardy, HHC 19th TSC and Cpt. Clay Petit, 19th TSC CONUS remove equipment from a truck while preparing to set up the mobile command post.

mission that is being executed," Bray said.

"The MCP gives our commanding general the ability to make better and more timely decisions because she is getting the information first hand, directly from the source while she is on the ground with troops," Bray said.

He explained that the mobile command post has all of the basic capabilities of the 19<sup>th</sup> TSC's Main Command Post but on a much smaller scale. This portability provides a great capability to the Commanding General in a wartime situation.

"When we are out on the battlefield, we are out and moving around. This system allows us to set up quickly, tailor it for the mission, take it down quickly and move to other locations within our wide area network we utilize here on the peninsula," said Bray.

Because the Commanding General may want to focus on a particular concern within a specific location, moving the MCP to new locations can be a common practice during peacetime or war, said Bray.

"The beautiful part of the mobile command post is that it is mobile and the move is a quick process," Barr said. "Within one hour there can be wheels on the ground to move and within one hour they can be up and running after arriving at a different destination."

During the UFL exercise, the MCP was set up at Camp Henry, later moving to Camp Hialeah, Busan Storage Facility, and Camp Humphries.

The success of the mission of the MCP could not have been possible without modern technology and the great soldiers that operate it and provide support for us, said Bray. "Everything goes back to taking the technology that is available and using that technology to make timely decisions to support our mission here on the peninsula," he said.

"The bottom line of the MCP is that it is flexible, mobile, supportable, and configurable allowing us to project command and control anywhere in the world," said Bray.

Spc. David Pantle, information systems operator, HHC, 19th TSC, checks wires in preparation to set up the mobile CP.





# 19th TSC combines forces from two continents during exercise

**By Spc. Katrina Loseke**  
111<sup>th</sup> Press Camp Headquarters

In a world full of terrorists, suicide bombers and dangerous dictators it is hard to maintain control on any kind of scale. For one unit the challenge is not just a matter of maintaining control over a small, but across the ocean back to the United States.

Many may be unaware that the 19<sup>th</sup> Theater Support Command is not only headquartered in Korea, but in the U.S. as well. The Reserve element of the multi-component unit is headquartered in Des Moines, Iowa.

The two components come together to make up the 19<sup>th</sup> TSC's Continental United States (CONUS) and Outside Continental United States (OCONUS) elements. Even with a distance of 12,000 miles between the two, they stay in constant contact.

"We have to stay coordinated to get the job done. The Reserves are an integral part of who we are. Without them, we couldn't complete our mission," said Col. James Foster, the plans and operation officer for 19<sup>th</sup> TSC (OCONUS). "That's why it is so important to hold exercises such as the Ulchi Focus Lens exercise. It gives us a chance to coordinate in person, instead of over the phone or by e-mail."

According to Foster, the unit's mission is to provide combat service support to theater-level units and to reinforce back up and direct support to corps-level units in separate brigades.

This support extends throughout the Korean peninsula.

"Everyone who comes here is touched by us in some way or form," said Foster. "We are everywhere and cover everything from movement control to material management."

The 19<sup>th</sup> TSC handles all but two: classes of supply: class six (personal demand items) and class eight (medical). That means anything ranging from clothes and vests, oils and lubricants, ammunition, building materials and major-end items such as trucks and High Mobility Multi-purpose Wheeled Vehicles, can be acquired through the 19<sup>th</sup> TSC.

Although the active duty component takes care of most of these tasks on a day-to-day basis, their counterparts in the states

aren't left twiddling their thumbs.

"We are the go-to-war faces and spaces of the 19<sup>th</sup> TSC," said Brig. Gen. Charles Barr, 19<sup>th</sup> TSC Deputy Commanding General and commander of 19<sup>th</sup> TSC (CONUS).

Barr said the Reserve component is important to the 19<sup>th</sup> TSC because Reserve troops don't come and go after just two or three years like active Army soldiers.

Foster agreed with Barr, saying, "Some [Reserve Soldiers] have been in this unit for their entire military career. They are the ones we go to for help and to find out how things wear run in the past and what should be changed."

The 19<sup>th</sup> TSC also benefits from the combination of the CONUS and OCONUS Soldiers because the added manpower gives them the ability to run 24-hour shifts, seven days a week, said Barr.

Both Barr and Foster admitted that working together while being located on two different continents is difficult.

"Well, it's a challenge. There is no doubt about it. However, it is also one of the draws for soldiers to come to our unit," said Barr. "When they join this unit they know there is an opportunity to travel overseas and experience the culture, history and people

of South Korea."

Even though the 19<sup>th</sup> TSC is composed of more than 30 battalions and groups that are stretched clear across the globe, it is able to come together as one unit for exercises like UFL in August and the Reception Staging Onward Movement and Integration (RSOI) exercise in March that take place in Korea.

"We are significant in size and need all the help we can get when it comes to commanding and controlling our units," said Foster.

Barr said that although the unit is separated by an ocean, the two headquarters work together to complete their missions.

Col. Alan Bragg, the Chief of Distribution Management Center for the 19<sup>th</sup> TSC (CONUS) said that whenever military components work together both sides come away with knowledge that is valuable in their everyday work.

"These Reserve Soldiers fall right in with our active duty counterparts. We all wear the same patch on our shoulder and a lot of what we do is seamless," said Barr. "There is no clear definition between active duty and reservists because we do the same job and complete the same mission."



Photo by Chong, Haeng Man

**Staff Sgt. Michael Sanders, a contracting specialist from 19th TSC OCONUS and Master Sgt. Glenn Coady, a procurement NCO from 19th TSC CONUS, inspect an air conditioning unit that the contracting office here was able to procure for the exercise.**



# 19<sup>th</sup> TSC says farewell

**Story by  
Sgt. Jimmy Norris**

Soldiers and civilians from throughout the 19<sup>th</sup> Theater Support Command will soon say farewell to their commanding general.

Maj. Gen. Jeanette K. Edmunds will leave the “land of the morning calm” Sept. 17 in favor of the greener pastures of the Pentagon where she’ll serve as the Army’s assistant G-4.

During her two-year tenure as the head of Team 19, Edmunds steered the unit through many changes. It was during this time that the 19<sup>th</sup> TSC handed its installation management responsibilities over to the Korea Region Office of the Installation Management Agency, initiated the Good Neighbor Program and sponsored several incentive programs, which led to award-winning performances by Soldiers throughout the peninsula.

Despite these and numerous other changes and improvements in the way the 19<sup>th</sup> does business, Edmunds swears she didn’t accomplish a thing.

“I don’t accomplish anything. The organization accomplishes everything, and the people in the organization have accomplished a lot,” she said. “They’ve accomplished the reduction of command and control and eliminated an area support group. They’ve

accomplished multiple Connelly Awards. We’ve written new operational plans...I could name a litany of different things in the well-being arena...The organization has accomplished a lot, but I do not take personal credit for any of that.”

Edmunds explained that her participative style of leadership allowed for more lasting results in policy and practice.

“You can have a dictatorship, and whatever you change will only be changed for as long as you’re there, because it’s important to people to have a choice,” she said. “If on the other hand, you have a participative type of environment...we bring together every one, all the senior leaders. We collectively agree on where we’re headed. We collectively agree on what the problems are to begin with, and we collectively agree on what we need to do. Once we agree on what our vision is, on what our goals are, I merely hold them accountable.”

But Edmunds’ leadership has left the Soldiers in the 19<sup>th</sup> with more than just

lasting results. It’s left them with lasting impressions.

“I have never met a general officer like this in my 26 years in the Army,” said 19<sup>th</sup> TSC Command Sgt. Maj. Larry Taylor. “I have never met an officer who’s as caring as she is and holds to the standards and believes in the Army values as much as she does. She stands by them, and anybody that knows her would not tell you different.”

It’s not just members of the military community who’ve learned



# well to commander



to think highly of Edmunds. Through community outreach initiatives such as the Friendship Circle Program, in which American and Korean community members joined together to sponsor groups of students in cultural activities, and Operation Apple Pie, in which American community members

showed their appreciation to the Korean National Police with a gift of more than 100 apple pies, Edmunds has garnered a favorable reputation for herself among the Korean people. She was even featured on the cover of “Woman Life” magazine, a Korean magazine focused on women’s issues.

“With her superior leadership and thoughtful consideration she has taken the lead to strengthen friendship between U.S. Soldiers and the local community,” said Daegu Mayor Cho, Hae-nyoung. “She has contributed much to the local community.”

“The Korean people love her,” said Taylor.

According to Edmunds, the feeling is mutual.

“The Korean

people are very hospitable. They’re kind. They’re generous and hard working. They’re definitely interested in their future and the future of the alliance and continuing to maintain strong relations,” she said.

Despite her admiration for the Korean people and her dedication to the 19<sup>th</sup> TSC, Edmunds said she’s looking forward to her assignment at the Pentagon, where she’ll get to play a part in shaping the Army transformation.

“The Army’s transforming. I’ve been on the receiving end of that transformation. Now I’m going to go on to the developing end,” she said.

“I’m looking forward to it. There’s a lot going on in the Army. Between the Transformation, the Global War on Terrorism, our equipping issues and our personnel issues I think there’s a lot of work to be done,” Edmunds said. “If there’s a lot of work to be done I might as well be in the middle of it.”

Maj. Gen. Jeanette K. Edmunds, commanding general of the 19th Theater Support Command, addresses Area IV Soldiers during her farewell run Sept. 10. (Photo by Master Sgt. Kimberly Williams)



# Dining facility serves up excellence in UFL

**Story and Photos by  
Spc. Katrina Loseke**  
111th Press Camp Headquarters

It may not be the Olive Garden or even the Outback, but the lines for chow and the availability of seats indicate that the Camp Henry dining facility is giving military personnel something that these well-known establishments are not.

For approximately two weeks from August 23 until Sept. 3, 2004, the Camp Henry dining facility revamped its hours to feed almost three times the people it normally feeds. This was done to accommodate the service members participating in the Ulchi Focus Lens exercise held annually in Korea.

"My soldiers are working longer hours and feeding more people, yet they are striving to always better the service. That's the kind of unit we are," said the Camp Henry dining facility manager Sgt. 1st Class Dave Bernard, Headquarters, Headquarters Company, 20th Area Support Group.

Even with the different places on post and around the city of Daegu to eat, service members are flocking to the chow hall for some quality food and service.

Bernard said the facility has tried to create a comfortable atmosphere for the military personnel who are spending their annual training in Korea.

"I'm not sure what people expected the food would be like in Korea, or even on an Army base, but we have gotten a great response," said Bernard. "People are filling out our comment cards and just coming in to tell us what an excellent job we are doing."

Bernard said the number of personnel the dining facility feeds has tripled due to the exercise. Before UFL started, the cooks served on average of about 150 people for breakfast. Now, with the influx of people staying on Camp Henry, the cooks are preparing breakfast for about 600 people.

Lunch numbers have also increased from about 200 people to around 500 people, but the surprising numbers have come in the evening. Even with the lure of the Daegu and surrounding cities' cuisines calling out to the service members staying on Camp Henry, an overwhelming number have decided they would rather eat at the dining facility.

To accommodate the 600 troops that are eating at the dining facility at night, they have set up a dinner meal and a midnight



**At the Camp Henry Dining Facility, Spc. Jong Park serves a Marine, who was participating in the two-week Ulchi Focus Lens exercise.**

meal. This allows service members who are working shifts during the night and sleeping during the day to get a quality meal, not a greasy snack out of a bag.

This added service means the dining facility must run a 24-hour operation.

"Everyone has been really good about staying motivated, which helps when we are working longer shifts," said food service specialist, Spc. Jong Park, Headquarters, Headquarters Company, 20th Area Support Group.

Park, who has been working for the Camp Henry dining facility for a little over one year, said the exercise brings added excitement to his work environment.

"The work is more intense and stressful, but that makes it fun," said Park. "We are constantly moving. It seems like we never have a moment's rest, which makes the day fly by."

Because of the UFL exercise, the dining facility is staying open longer hours and serving more people, but the workers take it in stride. According to Park, he and the other Soldiers, as well as the Korean contracted workers, are used to the fast-paced service.

It is that fast-paced quality service that has won the dining facility the Eighth U.S. Army Connelly Award for the past two years.

The Connelly Award recognizes the "best in the Army food service." Dining facilities on all posts receive a monthly inspection and then are rated once a year based on their menus, cleanliness, service, and atmosphere said Bernard. He added that the award recognizes the "best of the best" in food service to Soldiers, Marines, Sailors and Airmen.

The Camp Henry dining facility just went

through their yearly inspection in July, when they again received the Connelly Award.

Bernard said that although they are only rated on daily operations and not mass feeding as they are doing during the UFL exercise, they are still working hard to keep up their award winning service.

"The stress buildup we experience during this exercise is great training and helps us be more prepared and efficient on our normal days," said Bernard.

Both Bernard and Park agreed that working more hours and serving more people is a great way for their dining facility to keep lifting the bar higher in regards to the kind of service they can accomplish.

The workers in the dining facility have said that they will not just settle with their back-to-back winner, but will strive for a third Connelly Award next summer.

One dining facility patron said it was easy to understand why so many service members have decided to eat at the dining facility instead of Pizza Hut or Sizzler. Lt. Col. Scott Witte, a Louisiana Marine Reservist with the 4th Force Service Support Group, said he couldn't say enough good things about the dining facility.

"The food has been outstanding and the service has been great," said Witte. "I've never ate at a chow hall this willing to get us anything we need."

All this is coming from a man who claims to know good service when he sees it. Before joining the Marine Reserves 12 years ago, Witte spent four years on active duty and has eaten in his share of dining facilities.

"All I can say is, no Marine will be going home hungry," said Witte.



# Soldier reenlists in Korean sky

Story and Photos by  
Sgt. Han, Won-jong

When parachute rigger Pfc. George Corbin stepped onto the CH-47 Chinook helicopter with the rest of the Soldiers from the 4<sup>th</sup> Quartermaster Detachment, Airborne, on Aug. 12, he had about five months left in the Army. By the time he hit the ground at Rigger Drop Zone near Camp Hialeah, Busan, he had completed his 12<sup>th</sup> jump and committed to three more years as a Soldier.

As if a fair-air reenlistment wasn't enough to make the occasion special for Corbin, his father, Maj. George Corbin, performed the ceremony.

Pfc. Corbin's father has been in the Army for 20 years and his mother, Staff Sgt. Teresa Corbin, has served 19 years as a member of the Active Guard and Reserve.

"I was happy to hear that he was reenlisting," said Maj. Corbin, liaison officer with Army Materiel Command-Forward-Far East, "The Military is a voluntary system. It's not for everyone. I am really enjoying my time, and my wife has too. There's some genetics going, I guess."

While the younger Corbin described every jump as an intense experience, characterized by an adrenaline rush, he said this one was

the best ever.

"It was great," he said. "Having my father there really made it a special experience." Maj. Corbin said this was the first time he'd seen his son jump. Watching the younger generation carry on the family tradition brought on a mix of emotions for him.

"[Pfc. Corbin] came to my first jump in 1987, when he was five years old. Now he's 21 and married. He's got a career," said the senior Corbin. "I wanted to go [on this jump] too. [I felt] a little envy there...but a lot of pride."

Maj. Corbin missed his son's Basic Training graduation, as well as his Airborne training and Advanced Individual Training graduations, because of a deployment in Uzbekistan.

By the time Pfc. Corbin was ready to reenlist, he and his father hadn't seen each other in 13 months.

"It was just great to see him again," said Maj. Corbin. "He was so much more mature and more disciplined. It was good to see him pursue his ambitions and dreams."

Pfc. Corbin said while he might try and become a warrant officer at some point in his career, he doesn't know whether or not he will stay in the Army until retirement. Either way, his unique reenlistment ceremony fits



Soldiers from 4th QM Det., 19th TSC, exit from a CH-47 Chinook after the jump.

into his long-term plans.

"This will be a story to tell my kids when I get old and wrinkled," he said. "I feel very fortunate that my father administered my reenlistment. Not many people get to do that."



(Left) Maj. George Corbin, liaison officer with Army Materiel Command-Forward-Far East, congratulates Pfc. George Corbin, 4th QM Det., 19th TSC, after his reenlistment jump.





Cadet Jonathan Gill, hosted by the 501st Chemical Company, 23rd Chemical Battalion, works on his marksmanship skills with the M-16 rifle at the weaponeer at Camp Carroll.

# Cadets learn leadership skills in Korea

**Story and Photo by  
Cpl. Hwang, Kyoo-won**

Four units from the 19<sup>th</sup> Theater Support Command hosted cadets from the United States Military Academy and Reserve Officers' Training Corps from 2 Jun-22 Aug for the Cadet Troop Leadership Training program.

"The 20<sup>th</sup> Area Support Group, 23<sup>rd</sup> Area Support Group, 25<sup>th</sup> Transportation Battalion and 501<sup>st</sup> Corps Support Group supervised, mentored and supported cadets during CTLT 2004 in the Republic of Korea in order to increase cadets' competence and confidence through a leadership experience that provides specific responsibilities and opportunities to lead Soldiers," said Wayne A. Mitchell, deputy officer of G3 training.

Subordinate units of 19<sup>th</sup> TSC hosted one or more cadets in four cycles. The host units familiarized cadets with the command, training, administration and logistical functions to expose them to the on-duty and off-duty environment of the junior officer, said Mitchell.

Cadets participating in the program

described CTLT as an enriching experience.

"Of the three years I had in West Point, the CTLT is the most rewarding program. I actually got the chance to look at a unit and work with them — get some real experience and learn some of what I'm going to need once I become a 2<sup>nd</sup> Lt.," said Cadet Norman Haugaard from West Point, who was hosted by 267<sup>th</sup> Chemical Company, 23<sup>rd</sup> Chemical Battalion.

"I played the role of a 2<sup>nd</sup> Lt., a platoon leader, to see what my responsibilities would be like once I get commissioned," he said. "There was a lot of problem solving involved too. Problems would arise that I didn't see."

Cadet Jonathan Gill, hosted by 501<sup>st</sup> Chemical Company, 23<sup>rd</sup> Chem. Bn., said the program gave him the opportunity to see how officers are expected to react in a variety of situations.

While, he said, field exercises and unit activations were exciting, it was the day-to-day activities which were truly challenging.

"I was astounded by all the paperwork and tracking the officers had to do, said Gill. "Accountability is everything, and day-to-day crises popped up that I had to solve."

As the cadets learned hands-on leadership lessons, they began to develop their own leadership philosophies.

"A leader without responsibility is no leader to the Soldiers. Your Soldiers are your potentials, and you have to take care of your Soldiers," said Haugaard. "Once you work for them, they will work for you, give you their respect and help you to get the mission accomplished."

Gill had the "set the example" philosophy in his mind. "If you expect a Soldier to do something, you need to get it, know it and do it right first," he said.

For some cadets, it was their first time abroad, which added to the learning experience.

"We are not the only ones in this world who have an Army," said Cadet John Kim, 501<sup>st</sup> Chem. Co. "There are many allied countries in the world, and we need to know about them if we want to work together."

"Through the CTLT program, we get a chance to go abroad and learn about their styles in the army," added Gill. "A leader should be open-minded, accept the facts and work them out."



# Practice office safety with

# ERGONOMICS

**Story and photos by Sgt. 1st**

**Class Charles R. Ryan**

Command Safety NCOIC

Have you ever sat at a computer station, working on military or personal business for so long that you felt the beginnings of a headache, back strain, shoulder tightness, elbow stiffness or loss of sensation to your wrist or fingertips? If the answer is yes, you are the victim of substandard ergonomics practices. First, the textbook definition of ergonomics: The field of study that seeks to fit the job to the person, rather than the person to the job. This is achieved by the evaluation and design of workplaces, environments, jobs, tasks, equipment and processes in relationship to human capabilities and interactions in the workplace.

Next, understand that the goal of ergonomics is to design products that fit people and create a safer work environment for all the Soldiers and Civilians working in Team 19. The long term health risks, if ergonomics are ignored, include a variety of work-related musculoskeletal disorders. Victims might suffer an injury or an illness of the muscles, tendons, ligaments, peripheral nerves, joints, cartilage, bones and supporting blood vessels in either the upper or lower extremities, back or neck. These injuries are not only painful and long lasting, but detrimental to any unit's mission.

Now what are some common ergonomic mistakes? People tend to look at themselves as individual body components. You might remember the children's song "The arm bone

is connected to the...shoulder bone."

Remember you are a whole person sitting there, not just a hand or a shoulder. Get an adjustable chair that provides good lumbar (lower back) support and arm support. Set it up so that your feet are flat on the floor, with thighs horizontal to the floor, and forearms parallel to the keyboard. Also ensure your wrists in a neutral or flat position, with little or no body weight providing tension on your wrist. Set up your monitor to minimize glare. If possible, position it so that it is at right angles to windows. If you have no choice but to place the monitor so that a window is either directly behind you or directly behind the screen, put blinds on the window so you can cut the glare. If you get a traditional keyboard, consider purchasing a wrist rest to place in front of it. You can also buy mouse pads with built in wrist rests.

And finally, how do you prevent physical injury while at the computer? After setting your station up correctly, the very best thing you can do is take little microbreaks when you feel yourself tensing up. That doesn't mean going out for coffee and having your productivity fly out the window, but resting

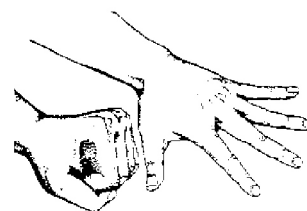


**Pvt. Ernest W. Bragg, 19<sup>th</sup> TSC Safety Office, demonstrates sound ergonomics by using good posture, placing feet on the ground, and keeping elbows level with keyboard.**

your eyes and stretching out your limbs and hands. Twice in morning, and twice in the afternoon, you should perform 5-10 repetitions of numerous ergonomic stretching movements per effected bodypart. Some stretches will seem familiar to Soldiers; the overhead stretch and the tricep pull (both shown below). But also perform deep (5 seconds) blinking, the finger stretch (shown below), and rotate wrists and feet in both directions.

Above all, if you feel uncomfortable at your computer station, it's your body's warning that something isn't right. Even in the office, BE SAFE.

## Proper stretching methods



## Useful English Expressions

### From the TEAM 19 Magazine

일상생활 영어 표현 및 이런 것이 사람들에게 알려졌으면 좋겠다는 내용을 가지고 있는 분은 저희 사무실 DSN 768-7353으로 연락 주시기 바랍니다.

### Expressions

1. The lights are on, but nobody's home.  
= His elevator doesn't go all the way to the top.

이해가 안 됩니다. 들어도 이해가 안 되는 경우에 쓸 수 있는 말이다. 즉, 몸이 아주 피곤해서 집중이 전혀 안 되는 때에 업무 지시를 받았을 경우, 가볍게 분위기를 반전시키면서 쓸 수 있는 문장이다.

2. Walking like a zombie.

걸어다니는 시체. 전 날 상가집에서 날 밤을 쓴

경우 혹은 매우 피곤한 몸을 이끌고 출근했을 때, 동료들이 쓸 수 있는 말이다. 혹은 내가 너무 피곤에 절은 경우에는 "I feel like a zombie." 라고도 쓸 수 있다.

3. I feel like a fish out of water.

깨다 놓은 보리자루 또는 육지에 나온 물고기. 말 그대로 물에 나온 고기. 즉, 전혀 새로운 상황에 적응이 안 되는 경우, 혹은 출장을 다녀와서 업무 파악 중에 있는 경우에도 쓸 수 있다.

4. Seeing is believing.

백문이 불여일견.

5. Making a mountain out of a mole hill.

= Don't make a big deal out of nothing.  
큰 산은 작은 점에서 만들어지지 않는다. 쓸

데 없는 일에 너무 신경 쓰지 마십시오. 헛된 노력은 하지 마십시오.

6. A watched pot never boils.

지켜 보는 냄비는 끓지 않는다. 초조하게 군다고 빨리 이루어지는 것은 아니다

7. Time flies (like an arrow).

시간은 유수와 같다.

8. Don't be a stranger.

낯선 사람이 되지 마십시오. 같이 일하던 동료가 전입을 할 경우, "연락하고 지내요" 라는 말로 쓸 수 있다. 이외에도 "Let's keep in touch"를 쓸 수도 있다.

# 한미우호증진을 위한 한미 부대의 축구 한판

## 부산 20지원단 상병 김재현

한미친선주간은 카투사 혹은 미8군이라면 누구나 한번이상은 참여하거나 들어본 행사일 것이다. 각 캠프별로 자체적으로 그 행사를 준비하고 진행하지만, 행사에 부여된 미군과 카투사간의 우정을 증진하는 행사의 의미나 관련 일정은 대동소이하고 매년 비슷한 수준의 공연과 운동경기들이 벌어지곤 했다.

카투사 인사과에 소속된(아무래도 다른 병사들보다 선임병장과 인사과 계원들이 행사 준비에 더 많은 일을 담당한다.) 나와 인사과 계원들은 이런 매년 비슷하게 진행되는 일정들 중 캠프 하야리아도 그런 비슷한 - 조금은 진부한 행사, 운동경기 등을 진행해야 할 것으로 당연히 생각하고 있었다. 하지만 우리 내부적으로도 군생활 중에 멋진 추억을 만들고 싶다는 이야기들이 조금씩 조금씩 흘러나왔고, 계속되는 논의 끝에 여러 가지 특별한 (사실, 전체적인 큰 틀은 크게 다르지 않지만, 구석구석 까지 신경을 쓴) 생각을 해냈다.

우선 카투사와 미군과의 관계를 넘어선 군사 외교관으로서의 진정한 한미우호를 증진시킬 수



53사단 기동대대 특공무술단이 시범을 보이고 있다.

있는 친선주간을 만들기 위해 부산내의 53사단, 부산광역시청, 부산경찰청, 부산시립교향악단 등을 지원대장님과 선임병장 등이 직접 뛰어다니면서 협조를 얻어 냈다. 이 협조를 바탕으로 월드컵 경기가 열렸던 부산 사직운동장의 보조잔디축구장을 행사기간내에 이용할 수 있게 되었고, 또한 부산내의 군/경 홍보사절단으로 53사단 기동대대의 특공무술

단과 부산경찰청의 포돌이 홍보단의 공연, 부산시립교향악단 관람과 같은 다양한 외부 행사를 유치할 수 있었다. 특히 지역 부대 및 경찰과의 교류를 통해 카투사 및 미군과의 관계를 증진시키고, 비단 스포츠 행사나 여러 협조 공연뿐만이 아닌 부산시립교향악단 관람 등의 문화적 공연까지 즐길 수 있는 자리를 마련했다는 점에



서 예년에 비해 한 단계 더 발전했다고 생각한다.

또한 이번 행사는 운동경기/행사의 구성 및 일정도 모든 인원들이 골고루 참여할 수 있도록 처음부터 고려되어 기획되었다. 모든 운동경기에 카투사병력들과 미군병력들이 일정 비율이상 참여할 수 있도록 규정을 사전에 마련하여 팀의 구성, 연습 시에도 카투사와 미군간에 우정을 쌓고 좋은 관계를 지속시킬 수 있는 계기가 되었다.

축구경기는 부대내의 커스터필드를 통한 예선전과 부산 사직운동장 보조경기장을 이용한 4강전, 결승전으로 이루어 졌다. 축구는 카투사들이 선호하는 종목이기도 하지만, 많은 미군들 또한 참여하고자 하는 경기였다. 예전과 다름없이 많은 인기를 끌었고, 53사단 축구팀과 캠프 하야리아내의 각 부대별 장교들이 참여하는 올스타팀간의 경기는 특히 박진감 넘치고, 서로 신사와 같은 플레어로 좋은 인상을 남겼다.

소프트볼과 농구는 미군들이 특히 선호하는 경기이다. 미국에 MLB와 NBA의 인기를 실감할 수 있을 정도로 많은 미군들이 특히 적극적으로 참여하였다. 비록 실력은 아마추어 수준이지만, 그중에서 몇몇 카투사와 미군의 타고난 운동 감각은 보는 이로 하여금 할말을 잃게 만들었다.

반면, 이번 행사에서 처음으로 펼쳐진 기마전은 그 박진감과 전략적 요소로 인해서 많은 주목을 받은 경기다. 특히 각팀에서 40명이 만들어낸 10개의 기마들이 미군 지휘관의 기마를 지키고 견제하기 위해서, 마치 명전투의 한 장면을 보는 듯이 여러 진형을 갖추고 경기를 치르는 모습을 보면서, 부대간의 결속을 다져주는 좋은 경기였다는



61화확중대와 552헌병이 함께 줄다리기를 하고 있다.

생각이 들었다. 전략적 요소와 그 박진감으로 인해 올해 새로 발굴한 운동경기 중에서 가장 인기가 있었던 것 같다.

목요일 밤에는 이번 행사의 가장 중요하게 여겨지는 행사이자, 이 행사를 위해 많은 카투사와 미군들이 밤을 새가며 팀웍을 맞춘 Friendship Night (우정의 밤)행사가 있었다. 특히 이번 행사는 미군들의 사병, 부사관, 장교들이 각각 소속된 부대의 카투사들과 함께 춤과 디스코공연, 밴드공연 등을 준비해서 많은 박수를 받았다.

카투사로 지내며 미군들과 직접 접촉 기회들은 많지만, 친분을 쌓고 지속적인 관계를 유지하는 것은 사실 그리 쉽지 않다. 이런 쉽지 않은 관계를 마련할 수 있는 장이 한미친선주간행사이고 이번 행사를 통해서 미군들과 관계를 개선시킬 수 있었던 것 같다. 내년의 한미친선주간행사도 벌써 기다려진다. ONE TEAM! ONE FIGHT! GO TOGETHER!



4공수병참중대와 61화확중대의 기마전을 하고 있다.



캠프 하야리아 부대내의 장교들과 53사단 장교간의 친선축구를 관람하는 모습이다.

# 19 TSC

## Change of Command

**10 a.m., Sept. 17, 2004  
Kelly Field, Camp Walker**

*Welcome:*

**Brig. Gen. Timothy P. McHale**

*Farewell:*

**Maj. Gen. Jeanette K. Edmunds**

